*New Book Review: Insects As Food And Food Ingredients by Academic Press

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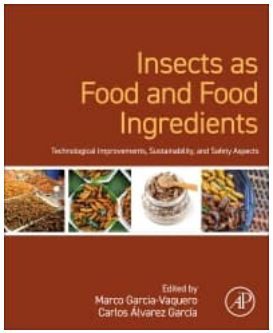

Insects as Food and Food Ingredients: < https://shop.elsevier.com/books/insects-as-food-and-food-ingredients/garcia-vaquero/978-0-323-95594-2> **Technological Improvements, Sustainability, and Safety Aspects,** 1st Ed., by Marco Garcia-Vaquero, Carlos Álvarez García (editors) published by the Academic Press in 2023. Would you like to eat a grasshopper instead of the beef? The edible insects are not a common type of food. However, insects were always consumed in tropical countries by their natives. They are the main consumers of insects in processed foods and right from the nature. The Western civilization was always rejecting this kind of

food. So what has changed now? The most common insect-derived food is flour, used in several European countries. Its production is simple and cheap. Insects can be used in processed food with high nutritional value as well. Today, insects are already the trendy ingredient in gastronomy in some countries. Suggestion is the powerful thing and this book's authors suggest that food industry should invest more in insects production and in new foods that use insects as their ingredients. Why? Because there is "the increasing food demand in the world" as a result of the population growth. According this account, in 2050, the population is projected to increase to 9.1 billion. The authors of this book see the edible insects as the valuable source of protein for healthy diet and an alternative protein source. This book explores the insects farming, processing them into ingredients, technologies, nutritional value of insects and their ingredients, more. It focuses on "sustainable production" and the new advances in ingredients' processing technologies. It seams, that eating the bugs could be the future of the "Western civlization". But still it should be the matter of choice by each individual, and all labels should mention insects among other ingredients.

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